Lumpkin County Senior Center

Meal	ls for	Better	Livina

December 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		Meatballs/M'room Gravy	Sausage/Onion/Peppers	Chicken & Dumplings
		Egg Noodles	Oven Roasted Potatoes	Field Peas
		Mixed Vegetables	Mixed Beans	Broccoli & Carrots
		Carrot & P'apple Salad	Apple Juice/Glazed Fruit	Fresh Fruit
		Fresh Fruit/Fruit Juice	Hot Dog Bun	Dinner Roll
		Wheat Bread	Catsup/Mustard	Yellow Cake
		Skim Milk/Margarine	Skim Milk	Skim Milk/Margarine
		DIET-Same 1	Diet - Same 2	DIET - Cake 3
Meatloaf/Tomato Gravy	BBQ Pork	Baked Chicken	Brunswick Stew/Rice	Spaghetti Beef Casserole
Garlic Whipped Potatoes	Baked Pinto Beans	Butter Beans	Tossed Salad/Ranch Dress	Whole Kernel Corn
Italian Vegetables	Coleslaw	Turnip Greens/Vinegar	Green Beans	Peas & Carrots
Fresh Fruit	Apple Juice	Fresh Fruit	Orange/P'apple Juice	Grape Juice
White Bread (2)	Hamburger Bun	Cornbread/Vanilla Wafers	Multigrain Bread	Garlic Texas Bread
Oatmeal Cookie	Apple Brown Petty	Strawberry Swirl Pudding	Marble Cake	Fluffy Fruit Salad
Skim Milk/Margarine	Skim Milk	Skim Milk	Skim Milk/Margarine	Skim Milk/Margarine
DIET - Shortbread 6	DIET-Hot Apple Slices	DIET - Vanilla Pudding	Diet - Cake 9	DIET - Same 10
Mushroom Chicken	Pork Patty w/Gravy	Hamburger Patty	Lemon Pepper Fish	Oven Fried Chicken
Country Potatoes	Mixed Beans	Potato Wedges	Cheesy Rice/P [†] apple Slaw	Northern Beans
Garden Vegetables	Glazed Carrots	Ranch Beans	Italian Green Beans	Collard Greens
Fresh Fruit	Fruit Blend Juice	Lettuce/Tomato/Onion	Multi Grain Bread	Grape Juice
Wheat Bread/Saltine Crkers	Dinner Roll/Vanilla Wafers	Hamburger Bun/Catsp/Must	Fresh Fruit	Cornbread/Grahm Craker
Choc Chip Cookie	Raspberry Gelatin	Fresh Fruit	Lemon Cake	Marble Pudding
Skim Milk/Margarine	Skim Milk/Margarine	Skim Milk	Skim Milk/Margarine	Skim Milk/Margarine
DIET-Shortbread 13	DIET - Gelatin 14	<i>Diet - Same</i> 15	<i>Diet - Cake</i> 16	DIET-Choc Pudding
Chicken Strips w/Gravy	Sliced Turkey w/Gravy	Sliced Roast Beef w/Gravy	Italian Style Pork	
Whipped Potatoes	Purp Hul Peas/Glazed Carro	Whipped Potatoes	Yellow Rice	
Herbed Green Beans	Fruit Blend Juice	Green Beans Almandine	Okra & Tomatoes	
Orange Juice	Cornbread/Grahm Crackers	Pineapple Juice	Green Pea Salad	Christmas Eve
Multi Grain Bread/Wht Crk	Fresh Fruit	Dinner Rolls-2	Fresh Fruit/Dinner Roll	
Pineapple Tidbits	Skim Milk/Margarine	Ambrosia Salad	Pecan Spin Danish	
Skim Milk/Margarine	Diet - Same	Skim Milk/Margarine	Skim Milk/Margarine	
Diet - Same 20	21	Diet-Mixed Fruit 22	DIET - Shortbread 23	24
	Smothered Chicken	Meatballs/Mushroom Gravy	Sausage/Onion/Peppers	
	Au Gratin Whipped Potato	Egg Noodles	Oven Roasted Potatoes	
	Collard Green/Vinegar	Mixed Vegetables	Mixed Beans	
Christmas	Fresh Fruit	Carrot/P'napple Salad	Apple Juice/Glazed Fruit	New Year's Eve
	Cornbread/Grahm Crackers	Fruit Blend Juice	Hot Dog Bun	
	Choc Swirl Pudding	Wheat Bread/Fresh Fruit	Catsup/Mustard	
	Skim Milk/Margarine	Skim Milk/Margarine	Sk <mark>i</mark> m Milk	
27	DIET-Choc Pudding 28		Diet - Same 30	31

